


Fitness & Dance Classes (Yellow doorway unless otherwise noted)

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|-----------------|
| 8:00 | Cardio (GP) | | | Chair Volleyball | Floor YOGA (GP) |
| 8:30 | Floor YOGA | Zumba Gold Intro Walking (DR) | Zumba Gold | Power Walk (DR) | Zumba Gold |
| 9:00 | World Dance (GP) | | World Dance (GP) | Line Dancing (GP) | |
| 9:30 | Cardio Fit (Sign up at the front Desk) | Senior Surge <i>low impact</i> (Sign up at the front desk) | Cardio Fit | Senior Surge <i>low impact</i> | Round Dance |
| 10:00 | | | | Line Dancing (GP) | |
| 10:15 | Relaxation & Meditation (GP) | | Salsa/Merengue (GP) | | |
| 10:30 | Chair YOGA | Senior Sneakers | Floor YOGA | Senior Sneakers | Zumba Gold |
| 12:00 | | Arthritis Foundation Exercise <i>low impact</i> | | | |
| 12:15 | | | Folklorico (GP) | | Aerobics |
| 1:00 | Line Dancing | Body Swag | Line Dancing | Chair Volleyball | |
| 1:15 | | | Joint Movement (GP) <i>low impact</i> | | Cardio |
| 2:00 | Senior Boot Camp | Table Tennis | Table Tennis | Table Tennis Ballroom Line Dancing (G) | |
| 2:15 | | | | | Body Swag |